



## Tattoo Removal Pre-Treatment Information

Laser treatments are currently considered to be the most effective way of achieving tattoo reduction. Tattoo colors, skin types, quality of tattoos and other factors will, however, affect the results of laser treatment.

Clinical experience in using laser machines for tattoo reduction has indicated that the majority of patients should observe color reduction, with variable degrees, after each session. Yellow ink is known not to respond to current laser treatment. Colors other than dark ink will also not respond to treatments as vigorously. It could take several treatments to observe significant tattoo reduction. The goal is to reduce the ink to the most degree possible with the current level of technology. Tattoo removal requires multiple sessions, typically 5-15, but the end-point is that of no further observation of reduction. Realistic expectations are to reduce, rather than totally eliminate the tattoo.

Laser treatment will be terminated when tattoos no longer show signs of further reduction.

### The following are contraindications to having treatment:

- Active Herpes Simplex Virus infection, Type 1 and 2. In an effort to prevent a 'flair up' of this condition, treatment to the upper lip, chin, lower cheeks or bikini should be avoided. The risk of complication may be reduced, if prescribed antiviral medication is taken prior to and after each treatment.
- History of keloid scarring.
- Pregnancy or breast-feeding.
- Use of photosensitizing medications (i.e. Retin A, Alpha Hydroxyl or Glycolic Acid), one week prior to treatment.
- Patients taking Accutane may not have laser treatments of any kind and must wait 6 to 12 months after finishing therapy before being treated.
- Presence of a deep suntan, sunburn, or artificially tanned skin. Avoid sun exposure and tanning, including self-tanning products for 2 weeks prior to treatment. Remove skin bronzers completely prior to treatment. A sunscreen with SPF 30 or more should be used on any treatment areas exposed to the sun. If you have recently tanned you will be instructed to stay out of the sun and return for treatment when the tan has faded.
- History of parenteral gold therapy.
- A tattoo that is less than six weeks old.

### Additional Information:

- Before treatment starts it is important that you alert us of any medical conditions you may have and/or any prescribed medications/herbal supplements/essential oil lotions you are using prior to your laser tattoo removal treatment. It is also important to let us know if you have experienced any sporadic itching and/or swelling of your tattoo in the past before laser treatments. This indicates an allergic reaction to the ink in your tattoo. As such, **TREATMENT CANNOT BE PERFORMED** as this is a life threatening issue.
- Shave area the day prior to or on the day of the treatment (if applicable).
- To minimize any discomfort, we recommend that you take a Tylenol 30 minutes prior to the procedure. Pain medications such as Motrin, Aspirin and Aleve will thin blood and promote bruising and therefore should be avoided 3 to 7 days before treatment.



- Do not have your laser tattoo removal treatment done under the influence of alcohol or drugs. This can cause thinning of the blood, which can lead to increased bleeding and other more serious problems.
- Treatments can be scheduled no sooner than 6 weeks apart
- A digital photo will be taken periodically to track the removal process.

**Please call should you have any questions prior to your appointment.**



## ***Tattoo Removal Post-Treatment Information***

Laser treatments are currently considered to be the most effective way of achieving tattoo reduction. Tattoo colors, skin types, quality of tattoos and other factors will, however, affect the results of laser treatment.

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### **Day of Treatment (Day 1)**

***Jee:*** It is vital to apply an ice compress to the site on and off for the first hour. Alternate the compress on and off every 1 to 3 minutes as needed. Do not leave ice on the treated area for more than 5 minutes. Natural aloe vera gel may also be applied.

***Rest:*** Limit physical activity on this day. Avoid exercising and any activity that results in perspiration. Avoid hot steamy showers and harsh soaps/cleansers.

***Elevate:*** The treated area should be elevated above the heart when possible. This is especially important for tattoos on the lower leg, ankle and feet.

***Notes:*** Please note your treatment site may exhibit different tissue reactions after each treatment. The following signs and symptoms are normal after laser treatment:

- The treatment site appears unchanged or appears brighter.
- The area will appear white, pink, or red.

n The treatment site has pinpoint bleeding, blistering or red, yellow, or clear discharge and/or swelling.

### **Day After Treatment (Day 2)**

***Ice:*** Continue to apply an ice compress as noted above only as needed for burning.

***Moisturize:*** Apply Vaseline or Aquaphor 3-4 times a day for the first 3 days after treatment to promote healing and reduce itching and irritation.

***Rest and Elevation:*** Continue to rest and elevate (especially important for tattoos on the ankle or foot). Limit physical activities such as working out, sports, etc.

### **Day 3 and Until Healed**



**Moisturize:** Keep treatment site well moisturized with Vaseline or Aquaphor.

**Avoid:** Any over the counter anti-bacterial ointments or creams as they may cause allergy such as Neosporin.

**Activities:** You may resume activities unless a blister is present. Avoid swimming pools, ocean, hot tubs and tub soaking pedicures for 5- 7 days until healed.

**Blistering:** Blistering is normal. Do not pop or pick blisters. Blisters may take 1-2 weeks to resolve. You may use a non-stick bandage to protect the blister. If blister breaks apply Aquaphor and a non-stick bandage.

**Healing:** Do not pick or remove scabs or crusts that develop during the healing process. This is a leading cause of infection and can lead to scarring. Healing can take anywhere from to 5 to 25 days (or more). Infections are rare, however if aftercare is not followed they can occur. The signs to look for are foul odor, fever, red streaks from area, yellow-green drainage, and pain. Call the office if you suspect an infection.

**Before Your Next Treatment:** Apply SPF 50 to tattoo when in direct sun light, avoid spray tanning for 2 weeks before, and shave area day before next treatment.

**Book Next Appointment:** Should be booked in 6-12 weeks. It takes the body up to four weeks to break down the ink so results will not be immediate and every treatment will react differently.

- Treatments can be scheduled no sooner than 6 weeks apart

**Please call should you have any questions prior to your appointment.**